



Ratatouille (CNPP)

Prep time: 20 minutes

Cook time: 1 hour 20 minutes

Makes: 8 Servings

Simmer eggplant, zucchini, red peppers, and tomatoes with onion, garlic, and seasonings for a delicious flavor in this classic dish.

Ingredients

1 tablespoon vegetable oil

1 large yellow onion (peeled and chopped into 1/4 inch pieces)

4 cloves garlic (peeled and minced)

1 medium eggplant (peeled and diced into 1/4-1/2 inch pieces)


2 zucchini (diced into 1/4-1/2 inch pieces or use 2 cups of frozen zucchini)

Nutrition Information

Nutrients	Amount
Calories	77
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	18 mg
Total Carbohydrate	14 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	64 mg
Iron	2 mg
Potassium	580 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables 2 cups

1 red bell pepper (cored, seeded, and diced into 1/4 inch pieces)

1 teaspoon dried basil

1/2 teaspoon dried oregano

3 1/2 cups canned low-sodium tomatoes (including the juice or fresh tomato)

1 lemon (quartered)

1/4 cup chopped fresh basil leaves

Directions

1. Put the pot on the stove over medium-low heat and when it is hot, add the oil. Add the onion and garlic and cook until golden, about 10 minutes.

2. Add the eggplant, zucchini, bell pepper, basil, and oregano and cook, covered, until the eggplant is very, very soft, about 40 minutes.

3. Add the tomatoes and cook, uncovered, for 20 minutes. Serve right away, garnished with lemon quarters and basil, or cover and refrigerate up to 3 days.

Source: USDA Center for Nutrition Policy and Promotion